

QC

SPACES:

Art deco meets Sin City in new corporate headquarters **P. 12**

SHARP EATS:

What you need to eat this fall in Saskatchewan **P. 19**

GARDENING:

Pleasure your kitty with this easy-to-grow mint species **P. 30**

THANKS TO THE SHRINE

SHRINERS LIKE HOWARD LOUIE ARE MAKING SURE SICK CHILDREN IN SASKATCHEWAN GET BETTER **P. 4**



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

WES FUNK

Saskatoon novelist tackles autobiography in *Wes Side Story*

Several years back, when I was discussing one of my novels with a friend, she surprised me with a nonchalant comment: "So, you're a fiction writer eh? So, you just make a bunch of stuff up and write it down?" That statement really took me aback! I was surprised, because a whole lot more to fiction writing than spewing out yams.

A novel takes endless hours of hard work and plenty of dedication.

Regardless, I took the young lady's statement as a challenge. I'd already had numerous games of "guess how many" and, on one day, I simply decided to weave them together into an autobiography.

This book has been an enormous undertaking. Writing down my entire life has taken



Saskatoon author Wes Funk

years and has been one of my biggest challenges. As regardless, I am so glad I took the plunge.

Wes' first time as an onscreen, pop-culture character led to rural Sask. and coming of age in the '60s, to my occupation as a Saskatoon-based novelist and TV personality. I find there is something in this memoir for everyone.

Wes Funk is a Saskatchewan-based writer who has dedicated his craft to telling stories which reflect his life. His book *Wes Side Story* has been incorporated into both university and high school curricula. Funk's most Cherry Skewers has been a best for several book clubs across Canada and won the 2013 National CBC Bookie Award. Besides being an author, Wes is currently the host of the Saskatchewan TV program *Li'l Boppers*. He enjoys life with his partner and pet in Saskatoon's trendy Broadway Avenue.



The 3rd Annual The All Nations Jobs Expo

- Wide variety of Employer Booths and hundreds of jobs available
- Career and training counselors provided by SaskJobs.ca, SIAST, SIIT, Gabriel Dumont Institute Training & Employment and the Regina Open Door Society

For more details on the Expo please visit:
reginachamber.com

**WEDNESDAY,
SEPTEMBER 24, 2014**

**11 AM - 6 PM
AGRI-BITION BUILDING,
EVRAZ PLACE
EVERYONE WELCOME!**



Proudly supported by



INDEX

ON THE COVER P. 4



Shriners International are known for more than their decades, marching parades and parade performances. The association operates 22 hospitals in North America that specialize in pediatric care. **TUE PHILLIPS**

TABLE OF CONTENTS

READY MY BOOK — 2

Why you should read *Wes Futs's* *Wes Side Story*

ON THE COVER — 4

How the Shriners make it possible for sick kids to get better

ON THE SCENE — 10

The Saskatchewan African Canadian Heritage Museum's fight to celebrate excellence

SPACES — 12

Art deco meets Sin City in new corporate headquarters

SHARP EATS — 16

Local and lovely: What to eat this fall in Saskatchewan

ASK ELLIE — 21

IN THE CITY — 22

A moment in time: Photographer Michael Bell captures a unique shot to define the week

EVENTS — 23

What you need to know to plan your week
Send listings to: ee@leaderpost.com

CROSSROADS/STUDIOS — 28

OUTSIDE THE LINES — 30

A weekly online discussion for kids of all ages for artist Stephanie McKay

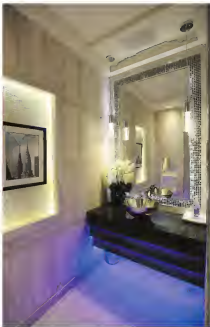
GARDENING — 30

Please your lady with this easy-to-grow mint species

WINE WORLD — 31

Female marketed wine will keep you coming back for more

SPACES PG. 12



A look inside the Nexus Building, the newly renovated corporate headquarters for the Mid West Group in Saskatoon. **QC PHOTO BY MICHAEL ROSE**

QC COVER PHOTO BY TROY FLEECE

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1954 Park St. Regina, Sask. S4N 3G4.

Rob McLaughlin is editor in chief. Heather Pearson managing editor; Jenn Sharp executive editor.

For advertising inquiries contact 781-5221; editorial 1-855-548-6557; home delivery 781-5270.

Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 1-855-648-6557.

ON THE COVER

It's amazing to go to a place that's world-renowned for their care of OI kids.

— Jenn Brown

SHRINERS HOSPITALS FOR CHILDREN-CANADA

Shriners keep giving hope and care to sick kids



Doctors told Carter Brown a paralytic he would never walk because he has tetraplegic paraparesis. After receiving treatments at the Shriners Hospitals for Children Canada, he's able to run. shriners.org

By Jenn Sharp

Carter Brown was just three weeks old and already had 12 bone fractures.

Doctors in Regina told his parents, Jenn and Mike, the fractures happened in utero and during his first weeks of life. Carter has congenital paraparesis (CP). The painful

disorder is also called brittle bone disease.

Doctors told the Brown family Carter would never walk. If he tried, his bones would shatter. In seven years, he cried during diaper changes and his arms would break if he was rolled over the wrong way. Thinking there was no treatment for CP, they were despondent, wondering what

life would hold for their little boy.

Then Jenn got a call from another parent whose child also had CP. They had been to the Shriners Hospitals for Children Canada in Montreal, where researchers had developed a drug called Pamidronate to treat the condition. A week after applying to the 9th World Congress, they were on their way to Montreal for

the first of dozens of treatments that would change their lives forever.

The Shriners started as a branch of the Masons in 1870 in New York City. The highly secretive Masons wanted a public arm — Shriners are known for their costumes, marching

bands and parade performances.

The first Shriners hospitals opened in the 1890s to care for polio victims. They now operate 32 hospitals in North America that specialize in pediatric care. Orthopedic and burn care, treatment for spinal cord injuries and for cleft lip and palate are offered at each hospital, some specialize in one area.

They get wonderful treatment at that hospital. We will support as many kids as get accepted by the (medical board).
—Howard Louie

The sole Canadian hospital in Montreal is a pioneer in treating musculoskeletal conditions and of treating specialized cases in pediatrics or orthopedics. It also has a state-of-the-art research facility.

In August, a 15-year-old patient became the first in Canada to undergo a minimally invasive surgery for a chest wall deformity at the Shriners Hospitals for Children Canada. The innovative treatment was also developed there.

Shriners clubs (Shriners) have 177 clubs in 100 countries and families to get to their hospitals. Once a patient has been accepted by the medical panel, his or her flight is paid for, along with one parent. Hotel rooms, meals, transportation, mileage to Regina or Saskatoon, and an expense stipend is also paid. A Shriners member even meets them at the airport and takes them to their hotel where families stay on the

Shriners floor.

It's as close to Disneyland as it gets. The child meets others with his condition, gets incredible care, and parents can focus on his health with no financial worries taking over.

Howard Louie is the regional hospital chair with the We We Shriners in Regina. He coordinates the hospital visits for the We We's patients — all 10 so far in 2014.

They get wonderful treatment at that hospital," he says.

There's no insurance for the amount of both they'll send.

"We will support as many kids as get accepted by the medical board," says Louie.

At 800 people, Shriners membership in Saskatchewan is small, but mighty. From the pandemic to cash calendars, "we do every little thing we can think of to help raise money for our hospitals," says David Paul, the We We's member. "The end re-



An artistic rendering of the new Shriners Hospitals for Children Canada, which is under construction in Montreal.

sult all focuses on children. That's what we're all about."

Now, the push is on to raise funds for the new hospital in Montreal,

which will be nearly 36,000 square metres larger than the current one. It will open in the fall of 2015 at a cost of \$127 million. The hospital

will offer treatment, education for doctors and a floor dedicated to research.

Continued on Page 8

CREDITORS CALLING?

IBDO can put an end to the harassing phone calls and help you take control of your debt.

Free initial consultations in Regina, Yorkton and Moose Jaw

306 549 2328 | 306 316 8858 Local call in SK

regina-debt-help.ca

Tara Rogers, Manager

Regina office

300 - 1914 Harrison St. Regina

©2014 Canada Inc. Inc.

Legal Consultant

Regina office

Regina office

Regina office

Regina office

Regina office

Regina office

Regina office

Regina office

IBDO

GIVE THE WEEKEND A BIG HEAD START!



QC is a weekly publication celebrating the things that make Regina a vibrant place to live. Find us online at leaderpost.com/qc.

EVERY WEDNESDAY

in our mailbox, online or on coffee table near you.



BELIEVE IT?

How do Canadians know if it's true (or not)?

They turn to the trusted source: Newspapers in print, online, tablet and phone.

And, research finds that they trust the ads there too – more than those in any other medium.

Be where Canadians look.



NEWSPAPERS CANADA

LEADER POST

advertis

He got the treatment right away because the doctors in Montreal said just looking at his face, you could tell he was in so much pain — Jenn Brown



David Paul, 36, in his Strathmore kilt at the 10th World Pipe Band Championships in Regina, got help for his cancer.

"We're world leaders in our field," says Paul of the specialist care at Bluenose hospitals.

"We're not trying to replace the cancer here, talk," adds Louis. "We're supplementing."

"They have no problems treating doctors at this."

"They want to come and work for us," says Louis.

CARTER BROWN

Cl is characterized by bones that look red

ligns. The genetic disorder keeps people that haven't received treatment in wheelchairs. The kids can die from respiratory complications.

"When he was really tiny, we felt hopeless for most of the time because he was so much pain," says Jenn. She, Mike, Carter and Finn, 3, live near Moosehide where Mike Brown.

"In Regina, basically they told us that there was no treatment and no confusion that he could take. They would just basically cut him whenever he broke," says Jenn.



TASTEREGINA.COM



Your guide to the best Regina has to offer in restaurants, cafes, bars, clubs and more.



Visit our website at **TASTEREGINA.COM** to sign up for contests, monthly newsletters and more!



Scan the QR code to visit our website.

We do every little thing we can think of to help raise money for our hospitals. The end result all focuses on children. That's what we're all about. — David Paul

Not only is Carter T. walking, he also runs, jumps and plays hockey.

For Louise, Carter's experience defines the reason he works with the Shriners.

"It brings tears to my eyes," he says of Carter's new lease on life.

The first time the Brownes visited the Shriners Hospitals for Children Canada, Carter was started on Painscreams. It took away his constant bone pain. It also increased his bone density to reduce his fracture risk.

"He got the treatment right away because the doctor in Montreal said part looking at his face you could tell he was in as much pain," says Jones.

After the third day of the first round, he started sleeping through the night and stopped crying during diaper changes.

"It completely changed his life from the first time we went out there."

The family has made 30 trips to Montreal for the treatment, which he required every eight weeks as a baby.

Carter also had two telescopic rods implanted to make his legs straighter and stronger. The rods don't allow restricted space to develop and have grown with him. The doctor who invented the rods was also Carter's surgeon.

"It's amazing to go to a place that's well-known for their care of GI kids," says Jones.

Now, he goes every 36 weeks and receives half of the original dose because he responded so well.

"It's been amazing. The Shriners pay for our flights, our hotels...he's got a wheelchair in case he fractures his legs—they're definitely helped us as the financial aspect of it."

The Browns are thankful for the preventive care at the hospital, too. Unfortunately, Carter's spine curved early in life. His scoliosis was severe enough to require surgery, which would not have been possible on a two-year-old. Instead, he wears a full-time brace to slow the progression. Carter's an active boy and his growth up in the confines of the brace. It's made him look straighter.

"It's not only slowed the progress down, but it's got better while they



Carter Brown (right) and his brother Mark (left) at the Fourth Annual Shriners Hospitals for Children Golf Tournament. The event Carter helped fundraise. (Photo courtesy Shriners Hospitals for Children Canada)

said, doesn't really happen," says Jones.

The method one made: there's another huge positive of going to the Shriners Hospitals for Children Canada. Carter has grown up knowing other kids with his condition, that share the same lifestyle. He can't play hockey or other high-risk sports. Climbing trees is out, too.

"We never had friends when he felt

alone. He's always had other people that he knows that have GI. That's an incredibly valuable thing to be able to have for him."

Carter is the western Canadian ambassador for the new hospital's fundraising campaign. He set him self a personal fundraising goal of \$1,000 which he quickly surpassed. His currently raised more than \$25,000 through everything from lawn

ornade stands to cookie sales.

He also gives public talks about the Shriners, and encourages others to donate. He even spoke at a huge golf fundraising event for the new hospital in Montreal. The event raised \$300,000.

"He speaks in front of crowds really well," says Jones. "He really knows how much (the Shriners) have changed his life...that's always part

of what he speaks about."

The community in Mississauga has been fantastic. They held a fundraiser that's raised the family for years. Mike Jones, Ann and Carter on every trip to Montreal so they're there as a family.

To donate to Carter Brown's campaign, search for his name under the fundraising page link at <http://shriners.com/enr>.

Continued on Page 8

I don't want (Milanna) to know the word 'can't.' If you want to do (anything), you'll figure out a way
We didn't want to raise her with a disability — Dearee Cadran

MILANNA CADRAN

Milanna Cadran's parents found out she didn't have legs before she was born.

Dearee Cadran, Nathan Glover and their son Gabriel (14), had gone to an ultrasound to determine the baby's sex when Dearee was 30 weeks pregnant.

"This poor ultrasound doctor, I just saw his face (and asked) 'why are you looking so much on her leg area?' Why ask? I saw her legs!" I knew something was wrong," says Dearee.

Nathan was angry, but says Dearee's influence was "powerful."

"God puts things on your path that you can handle. We have a lot of love to give," she says.

"I can't imagine not having Milanna," adds Nathan. "Simply put, that girl to spend any time with her just melts and fills us with love with her."

Milanna has arachnoid band syndrome. It can happen when the cover lining of the spine or the spine itself breaks off and wraps around limbs. In Milanna's case, it wrapped around the upper part of her left leg and just above her right knee, cutting off the circulation.

Knowing about her condition as early was a big help as it let the family prepare and mourn the loss of her legs. It also gave Dearee time to convert a life philosophy for the active little blood-thirsty girl.

"I don't want her to know the word 'can't.' If you want to do (anything), you'll figure out a way. We didn't want to raise her with a disability."

"The hardest part was the fear of other people's reactions. Dearee didn't want anyone staring at her little girl. It happens though — one day at the pool, an open-mouthed woman even hit David's back."

Prosthetics can't be made for Milanna at Sankston but the family chose to go to the Shriners Hospital for Children. Carol do because they specialize in fitting children.

At the first glance of Milanna at Sankston, the surgery wasn't there to get her fitted. (They surely thought we'd let her for her first set around all prosthetics.) I was very stressed out as a mother who was to her child to develop at a normal rate," says Dearee.

The Sankston Shriners child's hospital chair at the time, Ron Sparrow, quickly set up their first visit when Milanna was four months old.

"It was a big relief" like a weight has been lifted off of you," adds Dearee. "They make you feel right at home there."

What they thought would be a one-day consult turned into a week stay because the doctors wanted to make prosthetics that would help her sit up on her own.

The family is due back for a third set (the second set was made in Sankston). This time, they'll be fitting Milanna for walking prosthetics.

"It's nice to have specialists that deal with it all the time and know that we're in the best hands. They live for helping kids and want to make their life the best as possible," says Dearee.

Dearee is due to have a boy in Christmas Eve. They were scared it would happen again. Giving into the 30-week ultrasound was especially nerve-racking.

But everything is normal. Nathan points to an ultrasound picture on the fridge: "He's giving the thumbs up." "I'm OK."



Julianne Schindler/Photo.com
Further: com/Dearee Cadran

George Cadran, Nathan Glover and their children Gabriel and Milanna. gc photo by LAUREL KICKS



Next week in QC

Regina's legendary
coach Gord Currie says
the rules of the game
can be the rules for life

PUBLIC NOTICE

FIORANTE'S
3810 Dawdney Ave.

RETIREMENT/CLOSING

TOTAL LIQUIDATION!

ALL FLOORING

- HARDWOOD, LAMINATE, DURA CERAMIC, ADURA, ALTEIRA, LINO, CARPETS & MORE...

ALL FURNITURE

- SOFAS, CHAIRS, RECLINING, COFFEE & ENDS, & MORE...

ALL ACCESSORIES

- PICTURES, MIRRORS, LAMPS, TOSS CUSHIONS, FLOEALS, AREA CARPETS & MORE...

ALL BRAND NAME TOP QUALITY - UNDER WHOLESALE COST! (STILL A GREAT SELECTION)

ALL MUST BE SOLD!

BUT HURRY

ALL FIXTURES/EQUIPMENT MUST BE SOLD! SEE ITEMS IN STORE

Carbon
Napier

if you're looking for the best quality products at the lowest prices, look no further than FIORANTE'S. With a \$10500 travel allowance, you'll get 100% value for your money. Call us today to see the difference. We'll be there for you.

(306) 751-1500
3810 Dawdney Ave.,
Regina

fiorante
NOW CLOSING

MUTCHMOR LODGE

Seniors Live for Less
A safe comfortable
environment including:



- Suites and individual rooms
- 3 Nutritious meals and snacks served daily
- Assigned dining room seating
- Light housekeeping daily
- Weekly bus linen charge
- Staff on-site 24 hours a day
- Planned daily recreation
- Power, heat, water included
- Wheelchair accessible

Units available
now As low as
\$1,352.00
per month

Visit us at:

328 Century Crescent

Regina, SK S4T 6M1

Phone: 306-552-8034

Fax: 306-522-7119

Email: mutchmor@asasktel.net

www.mutchmorlodge.com

ON THE SCENE

SASKATCHEWAN AFRICAN CANADIAN HERITAGE MUSEUM

It was a celebration of excellence!

The Saskatchewan African Canadian Heritage Museum (SACHM) hosted Miss World Canada 2013 Camille Moursi and Saskatchewan Roughriders icon George Read on Sept. 13 for their contributions to the province of Saskatchewan.

The event, held at the Regina Performing Arts Centre, was a celebration of excellence for people of African ancestry.

Moursi was recognized for her community service contributions and accomplishments while repre-

senting Regina, Saskatchewan and Canada as Miss World Canada 2013.

Read received a lifetime achievement award for "outstanding leadership commitment" and services to and for the people of Saskatchewan. Read and his wife Angie were also presented with a SACHM lifetime membership.

The formal event included red carpet photos, a dinner featuring African and Caribbean cuisine, a silent auction as well as the awards presentation.

**QC PHOTOS
BY MICHAEL BELL**



ON THE SCENE



1. Sharon Ann Brown, Camille Murray, Carol LaFayette Boyd

2. Everett Beckles, George Reed, James Christopher

3. Annica and Justice Houscroft

4. Andrea and Sarah Kierliff

5. Michael Testermanen

6. Ted Jalela

7. Lauren Brown and Judy Kobay



8. Patrick Worsnip and Kristin Mulvany

9. Maria Walker-Snowart, Tracy Marshall, Agnes Brown

10. Sheila Cotes and Terry White

11. Corrie and Cleveland Ward

12. Robin and Belton Johnson



WINTER IS COMING!

Are your windows & doors ready?
Call for a free in-home consultation and see how we can help you prepare for winter.
Kohlertech
- Doug Gaddy
830 Henderson Dr., Regina
(306) 543-9200

www.clearviewregina.com

\$500 OFF
on orders of
\$3,500
or more.

*Orders must be placed by Oct. 31, 2014
*Limit one per household
*Not valid where prohibited with any other offer
*Offer only valid on selected products

Carpet Cleaning Special **Alpine**
CARPET CARE

\$7500
Living Room & Hallway



OTHER SERVICES: Rec Rooms starting @ \$99, Area Rugs, Bedroom's (\$20/room), Upholstery, Tile & Grout Cleaning

NO HIDDEN CHARGES or UPSILLS

(306) 543-1750



Todd Lamb
Owner, Alpine

VICTORIA, BC



Planning a winter getaway?
Join Greg Grooms of the Royal Scot Hotel & Suites for an information session about Victoria, B.C. and long stay locations

- Convenient Downtown Location
- Spacious Suites with Full Kitchens
- Active Social Program
- Special Long Stay Rates

Saturday, October 18, 2014
Duffin Regens
1918 Gaskin-Chester Drive
Registration starts at 1:00 pm
Call Amber to RSVP
1-800-463-7515



ROYAL SCOT
HOTEL & SUITES

420 Douglas Street, Victoria, BC V8W 1W7
Toll Free: 1-800-463-7515
Email: info@royalscotregina.com | www.royalscot.com

Complete Denture Services Available

- Free consultations
- One hour repair service
- Accepting all Insurance plans

- Guaranteed Professional Service
- SERVING ALL YOUR DENTURE NEEDS



Taylor
DENTURE CLINIC

BRIAN MOYNES
- DENTURIST
Call today for
a free in-home
Hill & Albert Street
565-0333

Ask us about implant-supported dentures !!

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email QC@leaderpost.com

SASKATCHEWAN'S BEST SPACES

Art deco with a side of Sin City

By Sean Trembath

WHO? Colleen Wilson, director of design for Mid-West Group and Morden Development.

WHAT/WHY? The Nexus Building in Saskatoon, which houses the new corporate headquarters for both companies as well as several tenants.

WHEN? The grand opening was Aug. 12, but Mid-West and Morden have been working there since March and some tenants have been there more than two years. The design process started about four years ago when they decided on the lot at 400 Second Avenue North.

WHY? Wilson and husband Ken Ache, the president and CEO of Mid-West and Morden, knew five years ago they needed to start looking for a new, permanent corporate headquarters. Wilson was excited at the idea of designing the entire space from the ground up.

HOW? "It's a little New York, a little Chicago and a little Las Vegas," says Wilson of her design inspirations.

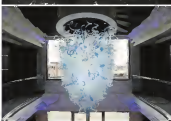
The overarching design philosophy of the building is art deco, inspired by the classic architecture Wilson grew to love on trips to New York.

"I don't have to be convinced very hard to do art deco. It's my favourite. I've always loved art deco buildings," she says.

From Chicago, she took the elements of high-polished stainless steel seen in many of the building's fixtures, from the set-out front to the meticulously designed floors on the building's decks and conference tables.

Wilson also wanted to add a little over-the-top flair or "bling" and for that she looked to Sin City.

The bedrooms—including some hidden bedrooms that look like part of a regular wall in certain offices—are luxe too, with high ceilings and custom fixtures.



QC PHOTOS
BY MICHELLE BERG

The New Taylor Volkswagen

YOUR SOURCE FOR CHOICE TRUCKS



PRICE
\$39,995
BLOWOUT!

2013 CHEV SILVERADO 1500 LTZ
CREW CAB

SAVE THOUSANDS OVER NEW!



PRICE
\$35,995
BLOWOUT!

2012 F-150 FX4
SUPERCREW CAB

FX4 TOO COOL!



PRICE
\$41,995
BLOWOUT!

2014 GMC SIERRA 1500 5LE 4X4
DOUBLE CAB

ALL TERRAIN! PST PAID!

PLUS LOADS OF CHOICE S.U.V.'s

2014 Jeep Gr Cherokee Laredo	\$35,995
2014 Chev Traverse AWD 8 pass.	\$31,995
2014 GMC Acadia AWD 8 Pass.	\$35,995
2014 Jeep Gr Cherokee LTR	\$41,995
2013 Ford Escape SEL loaded	\$29,995
2013 Toyota Venza Premium	\$31,995
2012 Cadillac SOLD	\$31,995
2012 GMC Acadia SLT leather	\$34,995
2011 Ford Escape XLT post paid	\$15,995
2010 Wrangler Latitude Edt.	\$28,995
2010 Chev Equinox LTZ V6 Leather	\$17,995
2010 Chev Traverse LT 8 Pass.	\$15,995
2009 Intellij! X335 Premium Tech.	\$25,995
2009 Toyota SOLD Sport leather	\$19,995
2008 Dodge Nitro R/T low KM	\$18,995

SEPTEMBER SAVINGS

\$1000 Coupon off
EVERY IN STOCK USED VEHICLE



PRICE
\$46,995
BLOWOUT!

2012 FORD F-350 LARIAT
CREW CAB

LARIAT POWER STROKE



PRICE
\$33,995
BLOWOUT!

2013 FORD F-150 XTR
SUPERCREW CAB

XTR ECOBOOST!



PRICE
\$46,995
BLOWOUT!

2013 RAM 3500 5LT
CREW CAB

CUMMINS TURBO DIESEL!!!!

MANY TRUCKS, CARS AND CERTIFIED VW AND OFF MAKES IN STOCK

the NEW Taylor Volkswagen Used ➔

3615 East Quance Gate, Regina

306-757-9557 • 1.877.811.4006

www.taylorvw.ca



Volkswagen Pure



SPACES

Almost everything in the building was built to Wilson's specifications. "A lot of the things others couldn't do here locally. What we could do is call it we did," Wilson says.

The chandelier in the main foyer is made of hundreds of unique pieces of glass, each individually blown by an artist. These pieces were hand-wired to a frame by Wilson and an employee. It took more than a week.

Wilson says their dealer-contractor teams went as far as the type of stitching you see in the sleeves of the padding that runs the length of their massive boardroom table.

"It's really hard when you're designing for yourself. You think you know what you want, but you're second-guessing yourself constantly," she says.

Although she seems happy to have the whole process done with, Wilson gets a lot of satisfaction from the finished product.

"It was certainly exciting, or interesting, but there were times when I just didn't know if we were going to get the amount of detail we wanted in. In the work center, they did," she says.

"When I look around and see what it looks like, it's like (what) I had in my mind."





Organic Week Semaine Bio

organicweek.ca



semainebio.ca

September 20-28, 2014



Organic Connections Convention and Trade Show

The 2014 Organic Connections Convention and Trade Show will be held Nov. 7 and 8 at the Concord Arts Centre in Regina. The theme for the conference is Farming for the Future.

This is a time of exciting challenges in organic, as cities and outposts supply and farm grows reflect the market conditions. The organic industry is being affected by several factors, including new export opportunities, the loss of long-term producers retiring or selling due to increased land prices, and the introduction of new farmers joining the industry. The conference program has been designed to

help families prepare and plan for a productive future on the farm. There will be a great mix of practical agronomic and marketing information, some fun taking tour and educational programs and ideas, and a few things thrown in just for fun. The organic food served during the conference is easy enough to attract even if not working with like-minded folks and visiting with buyers and suppliers or learning about solutions were not your everyday farmer.

For more information, visit
www.organicconnections.ca

OLD FASHION FOODS carries a large variety of Organic Foods & Products

- wheat & barley
- quinoa
- chlorella
- spirulina
- nut butters
- spices
- teas
- juices
- flours
- raisins
- pumpkin & sunflower seeds
- chaga
- goji
- beans
- canned beans
- vegetables & fruits
- bars
- jelly beans
- essential oils
- chamomile
- conditioners
- soaps
- lotions
- organic supplements
- toilet paper

and so much more...



OLD FASHION FOODS

6 CONVENIENT LOCATIONS TO SERVE YOU

(Regina & Weyburn)

FREE DELIVERY on orders over \$25 Weekday Afternoons

www.oldfashionfoods.com

Head office ph. (306) 352-8623



Your Health Food Store
and so much more...
OLD FASHION FOODS



Organic Week Semaine Bio

organicweek.ca

semainebio.ca

Students learn about healthy foods at Science Centre

There is much more concern in recent years about the healthiness of the food, and especially the snacks, that we feed our children.

A recent report to MarketWatch, a British business information website, states that there is a growing trend by consumers to ensuring that the food they and their children eat "proves nutritious and tasty." The *Perdue of Facts* report states that consumer trends are "converging to produce a new generation of consumers attracted by the 'health halo' surrounding truly 'ingredient foods.'" This "health halo" effect is described as the phenomenon that "leads consumers to perceive that food products with certain claims, such as 'organic' and 'natural,' are healthier or safer for them."

Evidence of this trend can be seen across Europe, the United States and Canada, as more and more schools remove junk food vending machines and add healthy snacks to cafeteria menus. It's slightly longer, and a bit more expensive, to provide organic produce and fruit to our children whether at home or at school, simply because of our climate, where home-grown produce is not readily available year-round, often at exorbitant prices for imported products at higher prices.

Yet, there is, inevitably, growing interest in not only providing for our families, but also growing organic foods even in the cold Prairies, and both sides of the equation will be discussed during national Organic Week, Sept. 20 to 28.

One of the main events will be the annual *Field Day* at the Saskatchewan Science Centre on Sept. 28. The run-up to the annual Organic Connections Conference and Trade Show, slated for Sept. 29 and 30. The field day is sponsored by Organic Connections, a non-profit organization established to organize conferences and trade shows for the prairie organic industry. Organic Connections' role is to introduce stakeholders to organic food and the farmers that grow it. The first school field day was held in 2010 and it moved to the Saskatchewan Science Centre in 2012 and

2013. The organization felt that the feedback was so positive and the staff so receptive and engaged that it had become an annual event.

Approximately 130 middle school (Grades 6 to 9) students will visit the Centre on Sept. 26 to visit information stations on everything from growing seeds to reading labels, and learn about sustainability, the role of honeybees. The students will work their way through curriculum resources and experience hands-on experience to get insight to the classroom. The field trip kicks off a six-week program developed by the Food Values Council two of the Saskatchewan Organic Directorate. According to the website, the curriculum aims to "create awareness about our food, where it comes from, its quality, the choices we make and the environmental impact of importing 76 per cent of our foods from outside of Saskatchewan."

In the previous years, this field-trip stations are expected to be one of the biggest draws. Organized by Chef Rick Harrison, the organic snacks are along with the youngsters. The executive chef of Bunk's Catering, which is located at the Science Centre in Abbotsford is a proponent of organic products and of encouraging kids to eat healthily. "It's great to expose kids to new and different foods that are alternatives to junk food," he said. "We show them that there are some really cool things to eat." In previous years, the snacks have included everything from homemade granola bars and beet jerky to dried fruit and seed-and-oil snacks. Harrison agreed that there is a growing trend toward healthier eating in general and toward organic foods in particular. "There is increasing consumer demand for organic products," he said. And, that demand is driving suppliers to

make these products available in ever more accessible prices. "Organic produce like fruits and vegetables are becoming more mainstream, and that has led to prices becoming more competitive (to non-organic) and that helps," Harrison said.

He sources locally grown organic produce for use in his catering business and, of course, to make the young yet healthy treats for the field day. "We use a lot of seasonally grown local vegetables and fruits," he said, adding that the availability has increased in recent years, though organic products remain scarce.

As Harrison is adding more restaurants, schools, can, indeed, be not only healthy, but cool — a big bonus for parents and educators searching for ways to get kids to support the cause.



Helping the Science Centre during National Organic Week, Organic Connections helps students from around the globe, select is to the real and why they should care. Photo courtesy of Marlene Allaire, Organic Connections event coordinator

Supporting Organic for 20 Years!

2224 14th Ave, Regina, Saskatchewan, Canada
(306) 522-3757
www.naturesbestmarket.ca

TRY OUR ORGANIC MENU SEPT 20-28

ABOUT THIS CONTENT: These stories were produced by the Leader Post advertising department to provide awareness of this topic for commercial purposes. The Leader Post editorial department has no involvement in the creation of this content.



Organic Week Semaine Bio

organicweek.ca

semainebio.ca

Parents willing to pay the premium for organic food, survey shows *Price now less of a barrier to buying organic*

New data says about 10 per cent of parents are willing to pay a little more than non-organic. But a new study shows that an increasing number of North American parents are willing to dig deeper into their wallets to buy products that carry the organic seal.

The Organic Trade Association's (OTA) U.S. Farm-to-Fork Study: A survey of more than 7,200 households with at least one child under 18, found that price has become a much less of a barrier to purchasing organic products.

Fifty-one per cent of those parents surveyed

said the cost of organic products was one of the key factors in limiting their organic purchases, a sharp drop from the previous year in which 62 per cent said organic items were sometimes too expensive for their household budget.

"Parents in charge of the household budget recognize the benefits of organic, and are willing to pay a little more to know that they are giving their families the highest quality food and that the products being a threat to their health," said Laura Rindos, executive director and CEO of OTA.

According to the study, families who include

organic products on their grocery list on a regular basis spend an average of \$6.25 a week at the grocery store, compared to \$5.18 a week for those not buying any organic items. However, despite the higher tab, almost half of the parents polled — 47 per cent — said that half or more of their weekly grocery purchases are organic, while close to 50 per cent said they buy only organic.

Organic food products have become more mainstream in recent years as demand for organic products has jumped. No longer just found in niche specialty stores, supercenters

are now the go-to source for 70 per cent of households buying organic. Lack of availability of organic products was cited by just 1.7 per cent on a recent list of barriers to buying organic, down from last year's 21 per cent who claim it. But even a barrier, a tiny percentage of those surveyed — three per cent — said that organic products were not available where they shopped.

—The OTA is the membership-based business association for organic agriculture and products in North America.

47 per cent of parents say at least half of their groceries are organic.



GRAIN MILLERS

We are North America's premiere Organic grain processing and trading company. We look to foster market growth by putting the farmer first and dealing with integrity and value in the following grains:

Oats • Flax • White Wheat • Red Spring Wheat • Barley
Rye • Triticale • Mustard • Lentils • Peas • Buckwheat

"A Community Approach, Not a Commodity Approach."

Organic Week Semaine Bio

organicweek.ca

semainebio.ca

Consumer demand for organic food increasing *It's a growing market, and the Dyck family enterprise is growing along with it*

Carl and Ann Dyck opened the original Dad's Organic Market in 1983 on Watson. It was a 104 square foot outlet offering mostly supplements and bodybuilding. In 1985, they relocated their store to 1540 Lakeshore, expanding their services to also offer organic and natural groceries. In 2010, Dad's Organic Market opened a second location in Regina as a pilot franchise. A third location is currently under construction in Saskatoon. Between the Regina and Saskatoon outlets, the company has around 15 employees. Their sons, Wayne and Kevin, are part of the business, with daughter-in-law Rebecca joining the team more than six years ago.

They recently expanded a previous store at 400 Saskatchewan drive on 16th Street East, adding more produce and considerably more outdoor space. With the addition of 2,000 square feet, the venture — now 6,000 square feet — houses fresh organic produce, natural and organic meats and groceries, a supplement section, cleaning products, natural body care items and pet care, and a made-from-scratch bakery and deli.

Dad's is Saskatoon's largest organic grocery store, and manager Rebecca Dyck said she has seen growing demand, particularly for gluten free products, natural body care items and organic and natural meats and produce.

"You're not a consumer-driven, and we're seen a big increase in volume," said Rebecca. "Consumers are becoming more aware. They want to know how food is being processed and

what goes into it. It's about making a difference whenever you can. You feel good about eating food that is closer to nature."

In fact, the popularity of organic foods has soared in recent years. According to the latest numbers from Agriculture Canada, the value of certified organic food products sold in Canada was estimated at \$2 billion in 2008, a whopping 48 per cent growth rate from five years earlier. That represents nearly 2.5 per cent of total food sales at the retail level.

The organic food market is described by industry analysts as the most dynamic and rapidly growing sector of the global food industry. Consumers are becoming better informed and interested in where food comes from and how it is produced, and in supporting sustainable practices that are better for the environment. They are seeking healthier choices, and getting more passionate about wellness and lifestyle improvement, including holistic therapies.

Rebecca said one of the most rewarding aspects of being part of Dad's Organic Market has been helping to make a real difference in people's health and lifestyle. "You can see the transition from sickness to wellness. You can see them heal. That is a powerful thing — that nature really can heal us."

It is made her more aware of her own lifestyle and perspective on health. "Before, I would go to the doctor for any ailment — as just part of an adult. Now, I'm more conscious. It's

being more of looking after your system. You just feel better."

All of the produce at Dad's is certified organic, and they try to source locally as much as possible. Its natural meats are brought in from Plex View Farms north of Saskatoon and Clear Creek Organics in the Regina area, with organic chicken sourced from a Saskatoon area farmer. It employs nutrition, supplement and wellness specialists to help consumers make the right choices.

"This store is really unique in Saskatchewan, and it has changed a lot over the years," said Rebecca.

The store has grown its selection by leaps and bounds since its inception, with its grocery division featuring organic fruit and vegetables, seedlings and gluten-free products, organic grains. Beef, meats, cooking oils, cereals, over-the-counter, milk, eggs, yogurt, cheese, nuts, seeds — and the list goes on. There's a frozen section featuring breads, loaves, soups and pizzas, an extensive supplement division, and a selection of natural body and beauty products — and a growing trend.

All of the in-store kiosks at Earth Board Bakery & Deli, located at 400 16th Street East, are made from scratch. There is nothing for coffee and breads and pizza are in the works to expand the deli. "There should be more access to good, clean food," said Rebecca. "They want to make healthier choices wherever they can."



All of the produce at Dad's is certified organic, with an emphasis on possible sources of locally. (Photo: Jeff Lyons/24x7Photo)



TASTE THE DIFFERENCE AT DAD'S ORGANIC MARKET

From September 22 - 27, Dad's Organic Market in Regina and Yorkton will be hosting the largest variety of *taste demo's* we've ever offered, savings on specially marked items throughout the store, and chances to win several in-store prizes!

Join the Organic Week Celebration at Dad's Organic Market
425 Victoria Avenue East - Regina
Broadway & Highway 9 - Yorkton

SHARP EATS

See a food trend you think deserves a highlight? Email QC@leaderpost.com or visit us on Facebook

SASKATCHEWAN FOOD SCENE

What to eat this fall in Saskatchewan

By Jenn Sharp

There's tons of great eats in Saskatchewan this time of year, especially produce from the 'old barnest'. But everyone knows that.

Here's a few new things to try based on a note you do send and let me know what you think!

jsharp@leaderpost.com Twitter: [jsharp](https://twitter.com/jsharp)



The Tule at Café Francios qcphoto.com by Jenn Sharp

TULE

Café Francios

425 Victoria Ave. Regina

This pasty-Puritan spot

at my house, new

add-on to Regina's

coffee culture. You really

can't go wrong with any

of the pasties here

but the Tule (\$1.48)

is definitely one to try.

The coffee classically

formed pasty chef

creates these delicate

crust curved wafers

with a sprinkling of

shaved almonds. Topped

with an especially crafted

laze. It's the perfect

afternoon treat.

THE O.G. GRILLED CHEESE

Vic's Tavern

1925 Hamilton St. Regina

The downtown dining scene is

heating up in Regina, thanks to

new hot spots like Vic's Tavern. The

building first opened in 1925. After

a long no-profit, it's reopened as

an indie eat and bar, featuring

upstairs party/dance pod.

Food: Grilled cheese is the house

specialty — if you're going to eat

grilled cheese, go to go home.

That means you need to order the

O.G. (\$10.99). It's especially made

for Regina's Gopher. (Think it more

like a 'Oh God'.) The four cheese

blend is piled high between thick

slices of white bread. Pair it with

Vic's Montreal Soup — home-made

smoked tomato — for one heck of a

power lunch.



The O.G. grilled cheese from Vic's. Seven in Regina is a beefy four cheese melted inside thick white bread. Eat it with Vic's home-made smoked tomato soup. qcphoto.com by Jenn Sharp



Oliv a Case of Balsamic Vinegar qcphoto.com by Michelle King

OLIV BALSAMIC VINEGAR

3025 Quince St. E. Regina

726 Broadway Ave. Saskatoon

The options are endless at Oliv, from

sweet to savory, you're bound to find

something that suits your tastes. (I

love their Casa 18 Balsamic. It's thick, full

of tart, yet sweet grape must flavoured

and incredibly versatile.



The newest vendor at the Regina Farmers' Market, Muscle Panda muffins are full of protein, vitamins, fibre, sugar and no gluten. qcphoto.com by Jenn Sharp

MUSCLE PANDA MUFFINS — WHITE CHOCOLATE PISTACHIO

Muscle Panda

at Regina Farmers' Market

All 53 for two, these little protein filled muffins pack a

healthy punch. They're also full of vitamins, like vitamins

and buttermilk, which contain next to no sugar and are

gluten free. (I love the about that kind of thing!)



Fresh chives, basil and tomatoes from the garden. qcphoto.com by Jenn Sharp

CHEVRE

Saskatoon at Regina Farmers' Market

Handmade Hills at Saskatoon Farmers' Market

Simplify. Saskatchewan's artisan cheese makers

rock. Do yourself a favour and try some of their soft

cheese. Spread it on crackers, top with a fresh tomato

sauce, basil leaf and drizzle of balsamic vinegar (like

Che's Casa 18) and you have yourself a beautiful snack.

SHARP EATS

PROTEIN ICE CREAM

MPowered

221A Second Ave. S., Saskatoon (entrance is beside O'Brien's Pharmacy) Owner: Mitch Graham has created a reward for his clients and the rest of us that won't make you feel guilty. A pint (800 g) of MPowered Powerprotein ice cream is packed with 80 g of ice protein. To round out the flavour profile, he uses coconut milk, coconut oil and a touch of honey. The vanilla flavour has vanilla bean and extract added; the chocolate has pure cocoa. It doesn't matter if you hit the weights or not, this creamy treat does the body good.

Powerprotein ice cream offered for consumption at MPowered Fitness in Saskatoon. GC PHOTO BY CHRIS POWERS

ROASTED CHICK-PEAS

Available at various locations in Regina and Saskatoon, visit www.thosfarmers.ca/locations for a list.

These farmers' hats, blessed their much anticipated snack product — roasted chickpeas. I picked up a five bags from Roundtable, Fall in Saskatoon (\$5 per bag) but they're sold all over the place. The balsamic and crushed pepper are pretty tasty. Mix a handful with the sweet and smoky barbecue flavour for a nutritious, totally snack-able.

These farmers' hats! Visit www.thosfarmers.ca/locations for a list. GC PHOTO BY MICHELLE DEW



SALTED CARAMEL

Atterkin Coffee
1822 Hamilton St.
Regina
This will be the best \$ 75 you've ever spent. Salt is caramelized then grocery-store stuff out of the water. Just don't make the same mistake I did and put it all in your mouth at once; you won't be able to chew.

Salt's Salted Caramels are worth every penny. GC PHOTO BY JESSA BLAKE



Saskatchewan wild blueberries. GC PHOTO BY MICHELLE DEW

WILD BLUE-BERRIES

Saskatchewan Pro-vine Market
The wild blueberries picked north of La Loche were fresh but were with me on the way. At \$40 for a large box and \$20 for a container they're not the cheapest indulgence but well worth it if you love berries. Saskatchewan wild blueberries are small and pop open in your mouth in a sweet little burst.



Healthy and delicious raw chocolate. GC PHOTO BY MICHELLE DEW

RAW CHOCOLATE

Thos Farmers' hats Market
Saskatoon Farmers' Market
I think these two could tell about anything to anyone, but the fact that they sell chocolate makes them stand at the Saskatoon Farmers' Market a very busy spot. It's not just any old kind of chocolate either. It's healthy, raw and organic — but more importantly

— it's delicious. There's just three ingredients in the base — cocoa paste, cocoa butter and maple syrup. Try the sea salt, and can berry or dark chocolate.

In case you need more convincing, there's a book out called Eat Chocolate, Lose Weight. The girls always have a copy at their stand. You don't have to tell me twice!

ASK ELLIE

Demanding attention doesn't work long-term

Q. I'm 38 and the gap I loved broke up with me five months ago. Our four-month relationship was a full of passion!

The intimacy was great, though we had issues. He smoked weed, and I argued about that for quite a while. He had a calm, quiet temperament and I'm louder and more edgy. I had to force myself to get attention from him, so he'd keep to himself, almost reserved.

We did hook hands a lot. I had very little patience, and I worried more of his love consciously that he'd fade slowly. I never really accepted who he was. I thought I could bring more out of him. I was annoyed and upset a lot, unwilling to communicate with him.

He did send me things once in a while and didn't see the big deal, which I did.

He broke it off, though I really wanted to make it work. I mean, he was 38, much. It is unhappy that I couldn't find another chance to make it right.

Ask Ellie



I didn't cut my ex out of my life completely and was just all over the place with my new boyfriend. Once he broke it off, I started reflecting on it ALL.

How can I see a brighter future ahead? I'm unsure if I'm going to find this level of passion for a man again.

Ellie, Relationships!

A. You'll certainly find passion again, because it's within YOU. In a big, expensive way. Whether you'll choose a man who can handle your demands for attention, is less clear.

After all, you expected responses from this guy very early on, that

you knew went against his nature.

Fortunately you're young and are going to learn to make relationships not hurt out this way.

So, forget this guy and move on. He wisely knew the situation simply didn't work for him.

Start to be more realistically selective in your dating. You don't need a man who's just like you, but you do need someone who appreciates your enthusiastic approach.

You also need to pay more attention to the other person's personality style and needs, to see if you and he can connect with respect for both sides.

When that works, passion's a natural reward.

Q. I'm late 30s and met a new man and I'm unsure if I thought was The One. He's been unhappy married for years, and felt he'd found his soul mate in me.

He left his wife, married me, his ex and began a paid custody now time with his two sons. We expected

to move in together in time.

Then suddenly it all changed, though his girl still has sons, and commutes from her family about 40 minutes, but responsibility.

He puts away consistently for days, then comes to see me, but I thought I can't resist him. I feel like "hooky" all, which is the last thing I want for him.

Do I cut her completely, though it's devastating?

A. His girl's reaction is normal, at this stage. Reality's set in, he's not living with his sons as before, despite just custody. He may still hope to have a future with you but, for some, the change in his life is overwhelming.

Give him the space he needs to work this through. Suggest that he talk to a counsellor on his own and takes a month without peeping in and out of your life.

Say that you can't just be "hooky."

If he can't come to terms with his divorce process, you'll be his partner in a life that includes his sons.

Q. Our daughter has shaken us with her behaviour to our good children, ages three and four. She's cold and distant, loving them in dreams and hysterics for hours at a time, even on weekends.

She and her husband, who's also a cold type, eat separately or go out. They seem to have enough money but not much love.

We've asked to help the kids overnight at weekends, but she allows an only limited time with them.

What can we do to provide some warmth to these children's lives?

A. Be yourselves, warm when you see them, with open criticism of their parents, just they cut contact.

If you can talk with your daughter, gently probe whether she's happy in her life, and if not, suggest counselling. A good therapist would soon discover that parenting guidance is also needed.

These two may be miserable with each other, or uncomfortable and looking for comfort with youngsters.



PANDORA®
UNFORGETTABLE MOMENTS

September 18-21

Free PANDORA Essence Collection bracelet, with \$125 PANDORA purchase.*

*Free sterling silver PANDORA Essence Collection

Bracelet (\$75 CA retail value). Prices before taxes.

While supplies last. Limit one per customer.

Charm sold separately. See store for details.

Experience at...

PANDORA™ STORE
CORNWALL CENTRE

IN THE CITY

SEPTEMBER 13, 2014 — 1:07 P.M.

Spinning the disc



Scotchy Baehner takes his disc toward a basket during the Regina Disc Golf Association's second annual tournament held in Douglas Park. GC PHOTO BY MICHAEL BELL

EVENTS

MUSIC

Wednesday, Sept. 10

Wednesday Night Public:
James Gates
Bethesda, 2256 Dewdney Ave.

Wayback Wednesdays with
Leather Collar
McNelly's, 2328 Dewdney Ave.

The Street Lowdown:
The Club at the Exchange,
2431 18th Ave.

Thursday, Sept. 18
Harjo Bar
Artful Dodger, 938 11th Ave.

Marysotto, Black Drink
Cris, Single Treas
McNelly's, 2328 Dewdney Ave.

Brian Kelly
The Pump, 641 Victoria Ave E.

Friday, Sept. 19

Katlyn Semple, Spoken Easy
Spoken Easy, An evening in
the 1920s, features Katlyn
Semple and her flappers,
crazies and 1920s big band.
8 p.m. in La Bistro Inside Mon-
signor at Loyd School,
3639 Hilda St.

Acid Friction
YQR, 1475 Toronto St.

Sarah Burns Band
McNelly's, 2328 Dewdney Ave.

Brian Kelly
The Pump, 641 Victoria Ave E.

Harping Brown's n' Jazzy
Edmonds
Broadway Lounge/Western
Plaza, 1707 Broadway Ave.

Saturday, Sept. 20

Playing For Change Day
Featuring Willie Tillet Wilson,
Glen Teller, Kellie McLean,
the BrokeStreet, Rebecca Luc-
pini and many more
11:30 p.m.



Glen Sutton a part of Selucky's Rapper For Change, set at the Artful Dodger, set photo by bob maly

Artful Dodger, 938 11th Ave.

A Night of Bardolows
Festive Symphonic Orchestra
Music Masterworks
8 p.m. Conexus Arts Centre,
335 Lakeshore St.

Saxaria Arctica, Delak,
Kendrick
The Exchange, 2431 18th Ave.

Seven Burns Band
McNelly's, 2328 Dewdney Ave.

Brian Kelly
The Pump, 641 Victoria Ave E.

Mark Faye, Tim Holloway and
Andrew McLean
Creative City Centre
1643 Hamilton St.

Harping Brown's and Jazzy
Edmonds
Broadway Lounge/Western
Plaza, 1707 Broadway Ave.

Sunday, Sept. 21

The Jolekies, The Noble
Thefts, Jary Kline
8 p.m., University Theatre, U
of R Kildred Centre.

Monday, Sept. 22

Monday Night Jazz & Blues
Ghane & Elton Beech
Bustowick, 2256 Dewdney

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Space
Centre, 3915 Owen Dr. Call
Mike, 266-550-3911.

Primed Up, Always, Failed
States
The Exchange, 2431 18th Ave.

Tuesday, Sept. 23

The Wooden Sky
The Artesian, 2627 13th Ave.

Wednesday, Sept. 24

Music Jam
Artful Dodger, 938 11th Ave.

VISUAL ART

From What Remains
Artist: Jason de Haan, Kent
Bedford and Kara Karmann bring
date with jewels and specula-
tive meaning via material
transformations, regulations,
assemblages, and texts that
mimic scientific processes
Sept. 18-Nov. 13
Artist talk: Sept. 19, 6 p.m.,
RRI, Film Theatre
Opening Reception: Sept. 19,
7 p.m.
Danke Art Gallery — Central
Branch, 233-10th Ave.

Without Walls Project
"Each statistic tells a story" in
this Native Women's Associa-
tion of Canada exhibit. The
dolls are in memory of the
more than 600 missing and
murdered Aboriginal women
and girls in Canada.
Until Sept. 24, RCMP Heritage
Centre

Ying-Yueh Huang: Made in
Medusa
Organic elements of plant life
from land and sea represented
Friday
Until Sept. 22, Slate Fine Art
Galleries, 2978 Hallowell St.

Salvage Harvest: Glaring
Bones
Objects and distinctive por-
traits of asian interaction with
our constructed environment
Until Sept. 22, Slate Fine Art
Galleries, 2978 Hallowell St.

Joanne Weimer: The harder
softer side
Joanne fuses everyday objects
with fabricated materials to
explore her functionality
and their aesthetic, creating
an evocative mixture of the
familiar and the grotesque
Until Nov. 25, Danek Art
Gallery — Sherridon Village
Museum, 6221 Hilda St.

Tray Gouffier: Digital
Handshake
Exhibition examines our un-
comely relationship to tech-
nology. It invites us to ask
— and we might adopt —
the first major solo exhibi-
tion by Regina-based digital
Gouffierman
Until Jan. 25, Nickkita Art
Gallery, 3475 Albert St.

What you need to know to plan your week.
Send events to QC@leaderpost.com

Regina, Neil Bakwell: Chris Art
Centre, 2420 Elnora St.

Martin Teguh: New Cana-
ria
Until Oct. 25, Mykela Gallery,
2105 12th Ave.

Contemporary Canadians
The Artists of Scott Nichols an
Fine Arts. Features the works
of Canadian Fine artists who
have created works of art in
three distinct styles depicting
the essence of contemporary
Canadians.
Until Oct. 31, Regha Centre
Crossing, 1621 Albert St.

Michelle Supertek: Jesus
Los Angeles artist Michelle Su-
perstok's video Jesus addresses
the fine line between states of
being. Named after the human
god of beginnings and transi-
tions, the subject of Jesus is the
well-known "dude-
rabbit" (illustration popularized
by the philosopher Ludwig
Wittgenstein). The ambiguous
animal's features reflect its
eyes blink, and a wound on its
forehead opens up, implying an
overview of life and death.
Until Nov. 13, Central Media-
Theque, Danek Art Gallery —
Central Branch, 233-10th Ave.

Joanne Weimer: The harder
softer side
Joanne fuses everyday objects
with fabricated materials to
explore her functionality
and their aesthetic, creating
an evocative mixture of the
familiar and the grotesque
Until Nov. 25, Danek Art
Gallery — Sherridon Village
Museum, 6221 Hilda St.

Tray Gouffier: Digital
Handshake
Exhibition examines our un-
comely relationship to tech-
nology. It invites us to ask
— and we might adopt —
the first major solo exhibi-
tion by Regina-based digital
Gouffierman
Until Jan. 25, Nickkita Art
Gallery, 3475 Albert St.

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

Asakale Gallery

2266 16th St.
Open Tuesday to Friday, 10 a.m.-5:30 p.m.; Saturday 10 a.m.-5 p.m.

Neutrol Ground

#303-1856 South St.
Open Tuesday to Saturday, 11 a.m.-5 p.m.

Oakland Gift and Fine Arts
Oil and ink paintings by Chinese artists Lingtao Jiang and Huanyi Tian.
2302 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

T&L Contemporary Gallery

1627 18th Ave.
Open daily 11 a.m.-5 p.m.

COMEDY**Darryl Kozman**

Sept. 19
Artful Dodger, 1631 18th Ave.

Pass the Hat

Sept. 19, 7 p.m.
The Club at the Exchange
2431 Eighth Ave.

The Laugh Shop

Live stand-up every Saturday night, 9:30 p.m.
Kamloops Hotel, 1818 Victoria Ave.

PERFORMANCE**How to Give Feedback**

Workshop for poets and performers.
Every Thursday, 7-9 p.m.
Creative City Centre, 1843 Hamilton St.

World to

Spoken word poetry featuring the Sukkotown Slam team.
Sept. 19, 7:30 p.m.
Creative City Centre
1843 Hamilton St.

Performance Art in Poland

—*Art in performance w Polsce*
Featuring Polish artists Justyna Goronowska, Ewa Jarczyk, Marika Dąbrowska and two



The U of R Cougars women's hockey team hits the ice on a few lines that are a QC photo by Tony Russell

Svidenska,

Sept. 20, 8 p.m.
Neutrol Ground, #303-1856
South St.

DANCING**Fun Dancing**

Learn to dance the modern way of Square Dancing, Round Dancing or Chipping.
Sept. 18, 6-7:30 p.m.
St. James Anglican Church,
1105 Kingsess St.

Belles Canoe Party

Every Sunday
Monthly \$, 2226 Densbury Ave.

SPORTS**Women's hockey**

Every Sunday
U of R Cougars vs. Thuen-Tek

U of R

Sept. 18, 7 p.m.
Co-operators Centre, Ennis Place

Women's hockey

U of R Cougars vs. York
Sept. 19, 7 p.m.
Co-operators Centre, Ennis Place

Women's hockey

U of R Cougars vs. Manitoba
Sept. 20, 7 p.m.
Co-operators Centre, Ennis Place

Reggie Pata vs. Brandon

Sept. 20, 7 p.m.
Provo Centre, Ennis Place

Women's basketball

U of R Cougars vs. Kaskaid

College

Sept. 21, 1 p.m.
U of R Centre for Kinesthetics,
Health & Sport

Women's hockey

U of R Cougars vs. Sask
Sept. 21, 2:30 p.m.
Co-operators Centre, Ennis Place

Snake River in thoughts

vs. Ottawa Redblacks
Sept. 21, 3 p.m.
Mosaic Stadium

FOR FAMILIES**Stems and Strollers**

Wednesday, 1 p.m.
Chapel of Our Lady
M8 3025 Gordon Rd

Make a Difference

Conduct bullying through baking, send kindness with a cookie.

Drop In Indoor Playground

Friday, 9:30-10 a.m.
South Leisure Centre, 175 Sunset Dr.

Mom and Tot Social Meet-ings

Hosted by Kate Munn, 366-216-2111
Friday, 10-11:30 a.m. Early Learning Family Centre, Scott Collegiate, 3360 7th Ave.

Build and Grow Clinics

Build a special future proj-

ect. For children age 5 and

up.
Saturday, 10 a.m.
Lewes, 4555 Gordon Rd

Michelle's Kids Club

Saturday, 10 a.m.-noon
2088 Prince of Wales Dr.

Family Features Film

Only a favourite film for just \$2.50.
Saturday, 11 a.m. Family Cinema, 420 McArthur Blvd. N.

Family activities

Saturday and Sunday, 3 p.m.
Saskatchewan Science Centre, 2563 Powerhouse Dr.

Family Studio Sundays

Sunday, 2-4 p.m.
McKenzie Art Gallery, 3475 Albert St.

Parent and Preschooler

Jungle Gym
Monday, 9:30-11 a.m.
At Kinetic Family Wellness Centre, 445 14th Ave.

Science Time for Kids

Interactive workshop aimed at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2563 Powerhouse Dr.

Men's Meeting Out

3260 Avonhurst Dr., zwilber@sktel.net

Mothers of Pre-Schoolers (MOPS)

104 Woodland Park Alliance Church, mops@woodlandpark.ca

Regina Women's Club

reginawomenclub@gmail.com

Time Out For Parents

At Kinetic Family Wellness Centre, 2258 Lindsay St., 366-525-6989, arup@sktel.net

Y's Moms Group

YMCA, 2420 13th Ave., 366-710-9622

EVENTS

Y's Men's Group for Multitables
YMCA, 3400 13th Ave., meets the third Thursday of the month at 7:30 p.m.

YWCA Reggae
1860 McIntyre St., 306-525-2141

MUSEUMS

Alex Yeckel School Museum

1900 Fourth Ave.
Tours by appointment only
(306-533-3000)

Civil Museum of Regina
1373 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-4 p.m. Closed
Sunday and Monday

Government House Museum & Heritage Property
4807 Dowling Ave.

Tuesday to Sunday, 9 a.m.-4 p.m.

RCMP Heritage Centre
5937 Dowling Ave.
Open 9 a.m.-5 p.m. daily.

Regina Firefighters Museum
1000 Ross Ave.
Tours by appointment (306-777-7714).

Regina Floral Conservatory

14506 4th Ave.
Open daily, 1-4:30 p.m.

Royal Saskatchewan Museum
3445 Albert St.
Open 9:30 a.m.-5 p.m. daily

Saskatchewan Military Museum
1000 Elphinstone St.
Open Monday and Thursday,
9-5 p.m., or by appointment

(306-347-5345)

Saskatchewan Science Centre
2503 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holidays, noon-5 p.m.
Closed Mondays

Saskatchewan Sports Hall of Fame
3358 Victoria Ave.

Monday-Friday 10 a.m.-5:30 p.m. Closed weekends

OTHER HAPPENINGS

Join the Ski Patrol
An introduction to the Canada's national ski patrol for prospective members. Adults only. Sept. 17, 7:30 a.m. Broken Head, Golden Mile Shopping Centre, 3808 Albert St.

No Flame is Eternal,



Don't Leave
Your Loved
Ones In the
Dark

Funeral Pre-Planning



PARAGON

FUNERAL & CREMATION SERVICES

306-359-7776

EVENTS

Regina Farmers' Market
Wednesday and Saturday, 9 a.m.-1 p.m.
City Square Plaza, downtown

ICM40 Sergeant Major's Parade
Wednesdays, 12.45 p.m.
RCMP Depot Division, 5400 15th Ave.

Yoga Party
Hosted by Bodhi Tree Yoga
Sept. 17, 5-6 p.m.
Victoria Park, downtown

Science Pub
The benefits of beer, presented by U of R economics professor Jason Chiklis.
Sept. 18, 7 p.m.
Bushwilder Antenna Beers, 2206 Dewdney Ave.

Art From the EZM
Creative writers & comedians hosts a fundraiser
Sept. 20, 10 a.m.-5 p.m.
Catharine Neighbourhood Centre, 2500 13th Ave.

For China the Park
Hosted by Regina Theatre Society
Sept. 21, 10 p.m. Victoria Park

Pink & Pinks T-shirt
Sunday, 8:30 p.m.
Orion's, 1947 South St.

Use Servers & Night In Heaven
Medium Lisa Scherer will spend the evening passing messages from your loved ones who have crossed over.
Sept. 21, 6:30 p.m.
The Arkiten, 2527 13th Ave.

Dear Gail's Park
Sept. 23, noon-1 p.m. Victoria Park

Chess in the Park
Chess games and lessons
Sept. 23, 9 a.m.-2 p.m. Victoria Park

Ultimate Fitness Drop-In
Sept. 23, noon-1 p.m. Victoria Park



U of R professor Jason Chiklis makes economics fun when he applies the subject to beer! Catch him serving Science Pub at Bushwilder on Thursday (see full photo on page 26) reports.com/5045508

Chewy Day Challenge
Drop-in gathering of board game enthusiasts
Every Tuesday, 6 p.m.-midnight
Boson Pizzeria, 540 Albert St. N

FILM

Fad Out
Documentary
An examination of America's

obesity epidemic and the food industry's role in aggravating it.

The Last Indian Drive-Thru
A makeshift delivery in Mumbai famously efficient lunch box delivery system connects a young housewife to an older man as they build a fantasy world together through notes

in the lunch box, in Hindi and English.

Chef
Comedy
A chef who loses his restaurant job starts up a food truck in an effort to make his creative cuisine, while plotting back together his estranged family. Joe Fontana wrote, directed and stars.

Regina Public Library Theatre
2311 24th Ave., 306-777-8324

Hight of the Butterflies
Documentary
An hour-plus of reflections of butterflies on an amazing journey to a remote hideaway in the mountains of Mexico

Kanyasulk: Animal Kingdom
Documentary
Discover Kanyas's famous fauna in their natural habitat, including the Big Five — lions, African elephants, Cape buffalo, leopards and black rhinos — and giraffes, hippos and cheetahs. Meet two fearless young Maasai and follow them on their ritual safari!

Island of Lemons: Madgegar
Documentary
Join scientist Fabrice Wright on his lifelong mission to help endangered lemons survive in this modern world. Narrated by Morgan Freeman.

Autism tour
2003 Powerhouse Dr.
306-522-4679

NEW MOVIES

The Maze Runner
Thriller
America teenager Thomas (Dylan O'Brien) is brought to the Glade, a giant maze surrounded by violent creatures called Grievers. The Glade is inhabited by other teenage boys, who have been trying to solve the Maze and find a way to escape.

Bank
Horror
A maniac (Michael Parks) captures a man (Justin Long) and tries to turn him into a walrus. Written and directed by Kevin Smith.

This Is Where I Leave You
Comedy
Wesley Judd Fournier's Jason

(Satanian) father dies, his family comes together for the first time in years. Judd grieving for his father and his marriage, joins his dysfunctional, non-observant Jewish family as they fulfil his father's final wish and sit Shiva together, spending seven days and nights under the same roof. Based on the novel by Jonathan Tropper. Also starring Tina Fey.

A Walk Among The Tombstones

Thriller
Drug dealer Maseo Khoury's wife is kidnapped and murdered. He hires a crew to find out who killed him, including his ex-convict private investigator friend Matt Scudder (Liam Neeson), two computer geeks, a streetwise punk and a duo.

The Skeleton Twins

Drama
 estranged siblings Meggie (Kristen Wiig) and Milo (Bill Hader) are reunited by a moment of crisis, so they visit the small New York town where they grew up. Meggie struggles with her sobriety marriage to Lance (Luke Wilson), while Milo breaks down (fish (Ty Burrell), the English teacher with whom he shares a checkered past. And, of course, the siblings try to patch things up.

Golden Cranes
400 McArthur Rd. N.
306-522-4679

Complex Odor
Southland Mall Cinema
3025 Gordon St., 306-385-3383

Amateur Cinema
Golden Mile Shopping Centre
3806 Albert St., 306-359-5220

Event listings are either community provided or listed by DR. Listings will be printed unless noted.

Make a difference today.

Help raise a reader.



LEADER-POST

Providing the tools to help children and families improve their reading skills is an investment in our community and our future.

DONATE TODAY!

Proceeds support family and children's literacy programs so DONATE TODAY!

ONLINE:

www.raiseareader.com and choose 'Regional' under Fund/Designation

PHONE

1-866-637-READ (7322)

MAIL IN

Raise a Reader c/o Leader Post
PO Box 1130, 1564 Park St., Regina SK S4P 0R4
(cheques payable to "Leader Post Raise a Reader")



RAISE-A-READER DAY IS WEDNESDAY, SEPTEMBER 24, 2014.

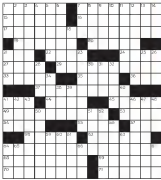
For more information, visit www.raiseareader.com

#CROSSWORD

NEW YORK TIMES *Edited by Will Shortz*

ACROSS

- 1 Funniest place
10 Supply source, slowly
15 Like Mocha
16 Water's advocate is, brief
17 Class for the introverted
18 Delays by engine, say
20 Escape, holders with, usually
26 Hired part
27 ... in film
28 Circle about, formation
29 "... can't get up!"
30 Covered with, pose, bumps
32 Combustion's most
33 One who's half
34 Partner of them
37 Result of a loose end
41 ... rule
44 Necessary school rule
45 I'm outta here
49 Miller Park, since
52 Tended to as a dose
54 They favor beats
55 Lower to, paper
57 Something to trip on
58 ... year (usually)
62 Mild anchor before
1980s



PUZZLE BY DAVID LEVINE

- 7 Not hushy
8 Famous "Queen"
9 Cane like rule of 1986
10 Big who's the Planet
11 Like pull course
12 Look, typically
13 Take, (dispute)
14 ... in film
15 ... rule
16 ... year (usually)
17 Mild anchor before
1980s

- 28 Good rule to know
29 Volume, news
30 White, slow after
31 Body part used in
32 ... in film
33 ... rule
34 ... year (usually)
35 Mild anchor before
1980s

- 47 You have credit
48 ... in film
49 ... rule
50 ... year (usually)
51 ... in film
52 ... rule
53 ... year (usually)
54 ... in film
55 ... rule
56 ... year (usually)
57 ... in film
58 ... rule
59 ... year (usually)
60 ... in film
61 ... rule
62 ... year (usually)

DOWN

- 2 Live, twenty stems of
3 ... in film
4 ... rule
5 ... year (usually)
6 ... in film
7 ... rule
8 ... year (usually)
9 ... in film
10 ... rule
11 ... year (usually)
12 ... in film
13 ... rule
14 ... year (usually)
15 ... in film
16 ... rule
17 ... year (usually)
18 ... in film
19 ... rule
20 ... year (usually)
21 ... in film
22 ... rule
23 ... year (usually)
24 ... in film
25 ... rule
26 ... year (usually)
27 ... in film
28 ... rule
29 ... year (usually)
30 ... in film
31 ... rule
32 ... year (usually)
33 ... in film
34 ... rule
35 ... year (usually)
36 ... in film
37 ... rule
38 ... year (usually)
39 ... in film
40 ... rule
41 ... year (usually)
42 ... in film
43 ... rule
44 ... year (usually)
45 ... in film
46 ... rule
47 ... year (usually)
48 ... in film
49 ... rule
50 ... year (usually)
51 ... in film
52 ... rule
53 ... year (usually)
54 ... in film
55 ... rule
56 ... year (usually)
57 ... in film
58 ... rule
59 ... year (usually)
60 ... in film
61 ... rule
62 ... year (usually)

#JANRIC
CLASSIC
SUDOKU

Lewell Doherty

Fill in the blank cells
using numbers 1 to 9.
Each number can only
appear once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.

The difficulty level
ranges from *Beginner*
(easiest) to *Diabolical*
(hardest).



Solution to the
crossword puzzle and
the Sudoku can be
found on page 37.

Vintage Vinyl & Record Emporium

2335-17th Ave. REGINA (306) 347-3111 **OPEN**
132 Main St. Moose Jaw (306) 693-2222 **7 days a week**

• Close to Modern Records, CDs & Tapes
• T-Shirts • Record & Tin Dye Headbands • Page 30 Dye Selection
• Record Products • Records • Jewelry • Patches
• Stickers • Zippers • Wallets • Rock Bags & Accessories
• Flyers & Banners (70% off) • **so much more!**

Top \$\$\$ Deal for Quality
Records/CDs & Tapes

Debt Problems?

FREE Consultation

306-525-DEBT

freshstart.deloitte.ca

Michelle Scott, CFP®
Credit Administrator2105 - 11th Avenue
Regina, Saskatchewan
S4S 0A9Residential Services in Saskatchewan
800-222-5446
Saskatoon SK S7N 7E5

Deloitte.

BEST COPPER KETTLE

SPECIAL OCCASION

DATE NIGHT

You Fill In The Rest!

CK PIZZA

Dine with COPPER KETTLE

5190 Scarth St. Regina, SK S4S 0A9
Call 306-525-3545

OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour this page. Have a picture taken with the finished product and email it to sp@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's OC colouring contest winner was **Kenneth Timmons**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

GARDENING

GARDENING IN SASKATCHEWAN

Please your kitty with this easy-to-grow mint species

By Sara Williams

Catnip is at its showiest in September and is a non-invasive addition to the fall garden.

To be expected, the plants are members of the mint family — in fact the Latin genus name, *Nepeta*, means mint. Like all mints, they have square stems and opposite leaves (each leaf has a mate on the opposite side of the stem).

Catnip foliage is generally a grey-green and emits a fragrance when crushed. Flowers can be blue, purple, mauve-pink or white. There are a number of species that comprise the catnip group and many of the named varieties are selections from cultivated species or interspecific hybrids.

'Dropzone Blue' is a cross of *N. racemosa* and *N. racemosa* introduced by Dr. Frank Skimmer of Dropzone Blue, an elite horticultural firm in British Columbia. It has compact, bushy stems with soft, scalloped, grey-green leaves and light purple flowers. Because it is sterile, it blooms almost the entire summer and does not reseed, nor is it invasive. It is used extensively in English rose gardens as edging.

Other catnips include:

- **San Elixir Giant** ('N. elexia') is one metre in height, with dark blue flowers above grey foliage. It does not reseed, making it a worthy of trial.

- **Nepeta racemosa** 'Blue Beauty' (introduced as 'Savanna d'Andre Chaboudy' by Skimmer's Nursery in 1969) is about 60 cm tall, in addition it is very tough but a bit invasive, making an excellent ground cover.

- **Wilder's Lion** ('N. racemosa') is named for a village, not its height, which is 90 cm, with a spread of 60 cm, making it a bit larger than 'Dropzone Blue'. It has purplish blue flowers throughout the summer.

- **Nepeta gracillifolia** 'Doris to Dore' forms large plants up to 60 cm in height, with pink flowers.

Plant catnip in full sun or partial shade on well-drained soil. Itself off for flowering for a number of years.



The active ingredient in catnip, an aromatic oil called nepetalactone, is available to most cats. PHOTO COURTESY SARA WILLIAMS

All do better as border plants.

Nepeta 'Dropzone Blue' is excellent as a border plant, as a companion to roses (for which it is used extensively in Great Britain), for edging masses, and as a cut flower.

It is a trouble source for bees (more aggressive catnips are best used for weaving, naturalizing, or cottage gardens or for stabilizing slopes. If you don't like cats, give a plant to your neighbour).

Catnip, another *Nepeta* species (*N. racemosa*), is available to most cats. After eating or sniffing catnip, cats go crazy with chewing, kicking, rolling around, pawing and purring to destroy some ground, cover, or surface as though on a drug-induced high.

What's responsible for this behavior is a chemical compound in the plant tissue that may mislead a cat's usual or territorial pheromone (a sort of false sense of "home").

The active ingredient, nepetalactone, an aromatic oil, is detected through the cat's olfactory system by what is known as Jacobson's organ at the back of their nose. It must be rubbed to be effective.

Although dramatic, the cat's response is generally limited to 15 or 20 minutes, but may repeat itself after a few hours (up to). Catnip has no harm (or long-term effects) on cats, and some may become indifferent due to over-exposure — by which time your

plant may be dead. Most kittens do not develop a response until, at least three months of age. Older cats also appear less interested.

Catnip is more widely appearing than their herbaceous cousins and is usually only grown by cat lovers. Growing catnip can be a challenge with your own cat and all their friends in the neighbourhood eating, rolling on and otherwise despoiling your catnip plants.

When herbivores and baskets may do the job but do little to enhance the beauty of one's flower borders. In setting therapy sticks (such as rose, sea buckthorn, or raspberry canes) among the stems may be a less obvious but equally effective way of de-

termining unwanted felines.

Sara is the author of the new and revised Creating the Prairie Xeroscape. In her latest book, Saskatchewan Prairie: From Park to Zoo, A Photographic History, she tells of the history of an institution and the personal stories of the people who made an important part on Prairie agriculture.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca, saskperennial@yahoo.ca). Check out our bulletin board or calendar for upcoming her showcase events: *Labour & Learn at the Perennial Society, Plant & Seed Exchange* (all levels), *Seed, Soil, Garden* (all levels), *Seed, Soil, Garden* (all levels).

WINE WORLD

SASKATCHEWAN WINE SCENE

Female-marketed wine will keep you coming back for more

By James Romanow

Wine and liquor (and you, even beer) makers have been marketing their products to women for at least 10 years. As female buyers become a reality, this marketing trend is going higher.

Bloodick's Gin, for example, has a female CEO. Catering to the feminine market, she had the flavour profile specifically crafted for women's palates. Wine makers are no less subtle, with labels like Skinnygirl and Girls Night Out.

It automatically erases such labels, separating the product within to be substandard or priced at least 15 per cent too high. The flip side of marketing though, is that sometimes the marketing has less to do with sales and more to do with history.

Last Hermanus's label features a portrait of a woman's face. The six stars are the Hermanus sisters (Hermanus in Spanish for sisters). When he went to the Philippines, they stayed home to manage the estate in his absence. The label, Laseo, is named for his time in the Philippines, after the main island of the archipelago.

Unlike my average 90 rule, my assumption for Las Hermanas is that it's worth more than the price, at least when compared to California and Canadian wines. Spanish wines are a tremendous deal at all price points. Furthermore, the wine comes from Jerez, an upscale



cosmopolitan appellations with less label appeal than Cabernet or Chardonnay, and therefore must deliver to get you coming back for more.

The wine is indeed a great wine that will appeal to most wine drinkers, male and female. It is generally considered with a lovely bouquet and an assertive fruity character. Try a glass to night when you get home.

Las Hermanas, Jerez, Spain, 2012. 916 15. Something whole heart work. And of course, even more wine in Monday's paper and on Twitter @jromanow.

Crossword/Sudoku answers

S	T	E	P	P	E	R	G	J	U	I	C	E
M	E	N	I	A	L	I	O	N	E	E	P	
A	N	G	E	R	M	A	N	A	G	E	M	E
C	A	R	T	I	N	S	I	L	O	S		
N	E	R	O	R	I	G	W	I	S	P		
A	N	D	I	A	L	L	E	A	T	I	N	G
S	T	E	N	T	U	S	E	R	N	O	W	
S	H	O	R	T	H	A	I	R				
M	O	O	A	N	A	T	O	K	E	E	A	
L	I	T	H	E	R	R	E	V	E	L	E	D
G	O	V	E	S								
O	N	C	I	A								
L	A	N	G	U	A	D						
O	C	C	U	R	R	E	D					
D	E	E	P	E	N	D	S					

4	9	2	3	7	5	8	1	6				
1	5	7	2	8	6	4	9	3				
8	6	3	4	1	9	2	5	7				
2	7	1	9	6	3	5	8	4				
6	8	4	7	5	2	1	3	9				
9	3	5	1	4	8	7	6	2				
5	2	6	8	3	4	9	7	1				
3	1	9	5	2	7	6	4	8				
7	4	8	6	9	1	3	2	5				



Want the Real Beauty Benefits of Collagen?

Generate It. Don't Eat It!

BioSil Advanced Collagen Generator Clinical Trial Results

- Reduces Fine Lines and Wrinkles
- Increases Skin Elasticity
- Thickens and Strengthens Hair
- Strengthens Nails



By now you know. Adding body collagen directly reduces wrinkles, increases skin elasticity, and adds vital moisture to your skin. Indirectly, collagen thickens and strengthens your hair. You may also know that collagen production slows by 1% per year after the age of 21. Can you gain it back? Yes. But not by eating collagen. You see, Collagen is a protein. When you ingest it, your body breaks it down, like any other protein, and uses it as food. When you want the real beauty benefits of collagen, you have to generate it.

BioSil™ generates collagen by activating the collagen producing cells in your body known as fibroblasts. It is clinically proven to increase collagen formation. In fact, in the clinical trial the women taking BioSil™ reduced wrinkles by 30%. Increased skin elasticity by 89% and thickened and strengthened their hair by 13% compared to women not taking BioSil™. So when you want genuine visible results from collagen, generate it, don't eat it. Experience the beautiful difference for yourself!



Dr. Marita Schuch, BSc ND debunks myths about collagen, "science," beauty industry promises and plastic surgery to show you how and why *bioactive* and *generative* collagen is an essential component to true health and beauty in her newest book **Collagen Myths & Misconceptions**



Available at Health Food Stores
and Select Natural Pharmacies



Preferred Nutrition For more information go to **PNO.CA**

REAP IN THE SAVINGS

with the...

HARVEST SALES EVENT

2012 PRIUS C



Tech Package,
18,000kms

ONLY \$19,900

2008 SEBRING



ONLY \$14,900

2012 TUNDRA PLATINUM



32" custom wheels,
Line lock

\$42,900

2014 CHARGER



NOW \$24,900

2011 JEEP WRANGLER RUBICON



NOW \$26,289

2010 LEXUS ES350



One owner
Loaded

ONLY \$26,900

2012 LEXUS IS 250 BASE (M6) SEDAN



ONLY \$27,900

2011 RAV4 V6



ONLY \$23,900

2011 VENZA



PEI PAIR

NOW \$25,897

2012 DODGE GRAND CARAVAN



ONLY \$16,900

2011 TOYOTA SIENNA LE FWD



Bluesky
Transmission

ONLY \$23,900

2013 TUNDRA



NOW \$34,900

2012 INFINITI G37X AWD



NOW \$32,900

2013 CAMRY



1.30 chs. - 18.1
trick

NOW \$19,885

O.A.C. See dealer for details.

TAYLOR
LEXUS TOYOTA

Lexus
Certified
PRE-OWNED
2016-2017

TOYOTA
Certified
Pre-Owned

ON THE BROAD STREET AUTO MILE...
www.taylortoyota.ca

TAYLOR'S USED VEHICLES
605 BROAD ST.
569-8777
DL# 915804